

Figure 1a

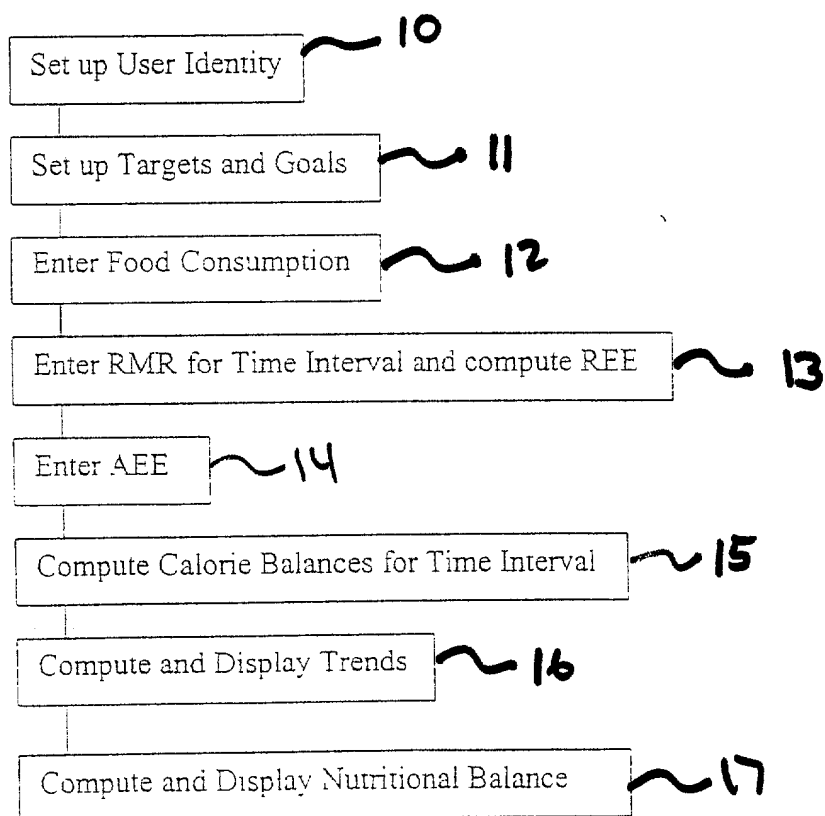


FIG. 1B

09972937 10101

Fig. 2A

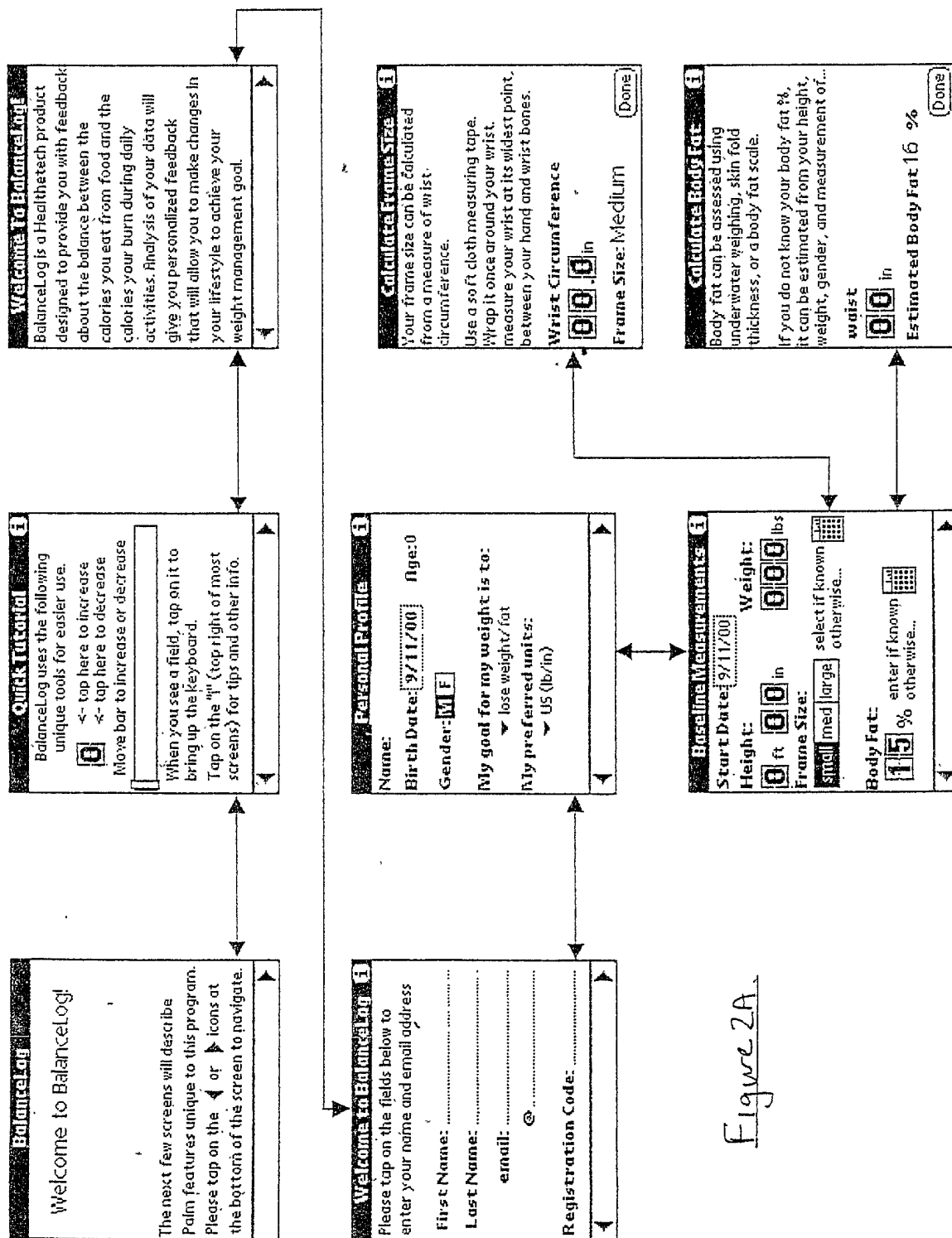
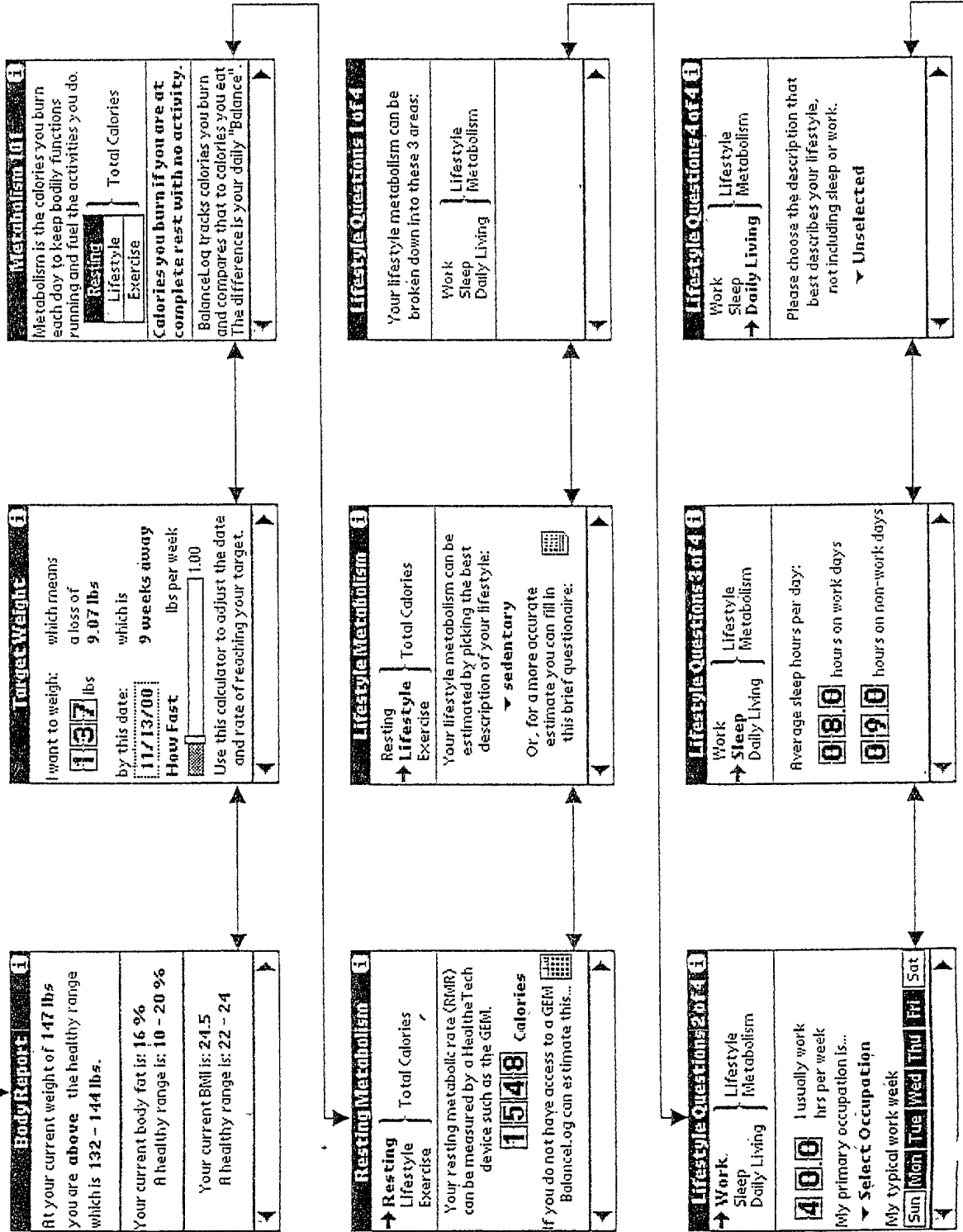


Figure 2A

Fig. 2B

(A)



(B)

Fig. 2C

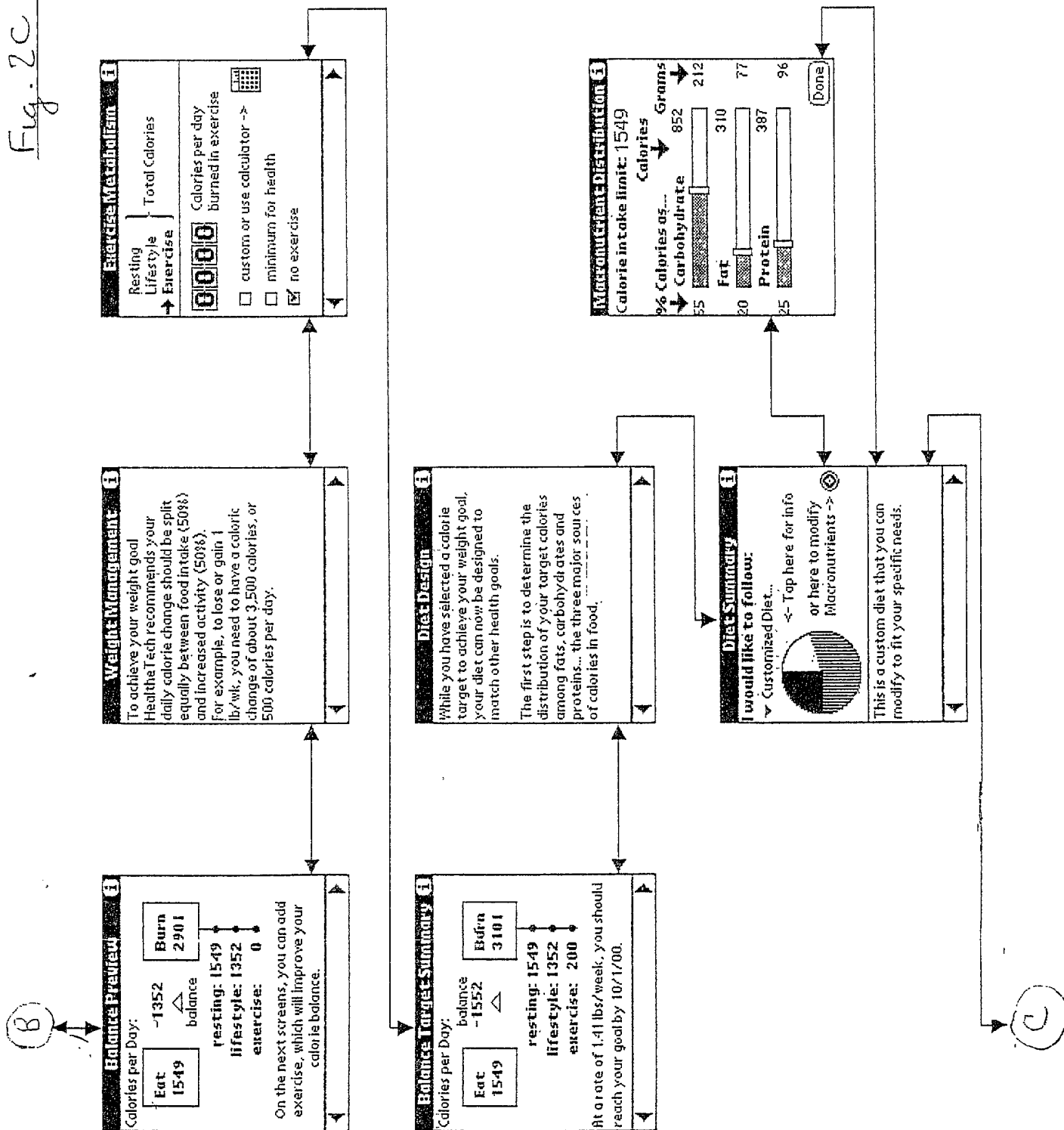
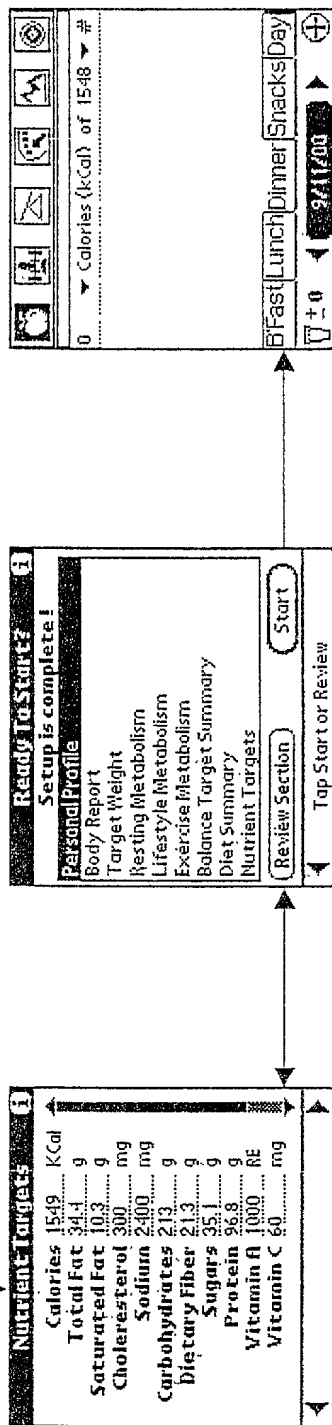


Fig. 2D

0



Quick Tutorial Tips

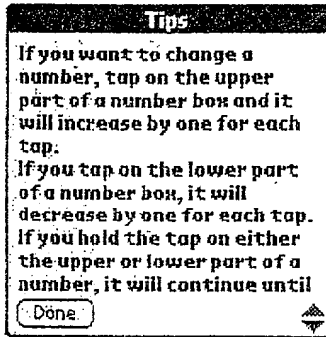


Fig. 3a

Personal Profile Tips

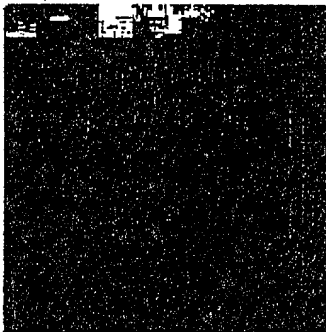


Fig. 3c.

Calculate Frame Size Tips

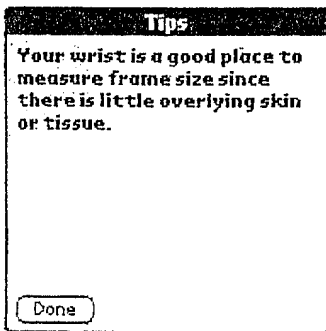


Fig. 3e.

Body Report Tips



Fig. 3g

Welcome To BalanceLog Tips

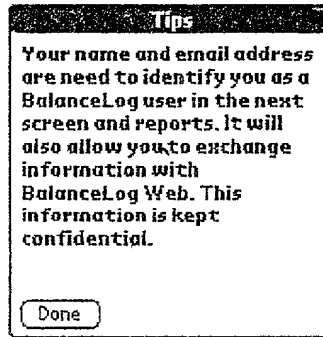


Fig 3b

Baseline Measurements Tip

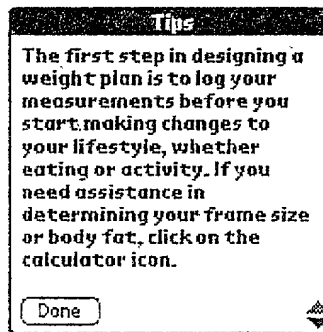


Fig. 3d.

Calculate Body Fat Tips

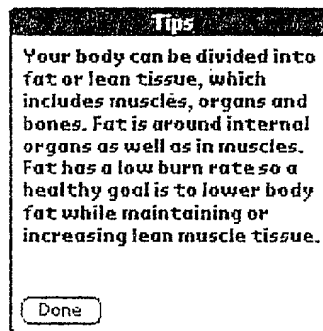


Fig. 3f

Target Weight Tips

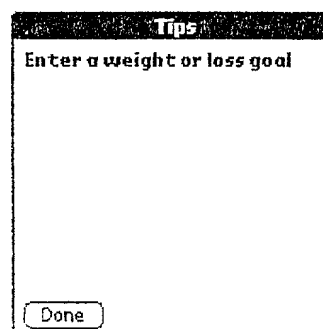


Fig. 3h

BalanceLog Targets

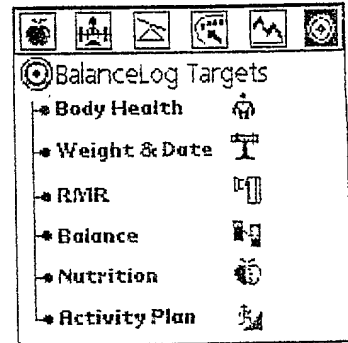


Fig. 3i

Balance Target

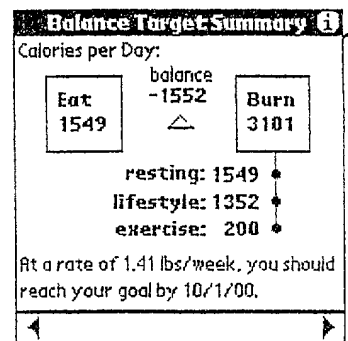


Fig 3j

Nutrition Targets

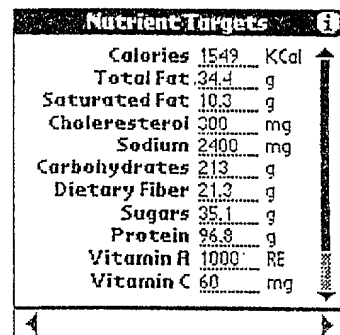


Fig 3k

Activity Plan Target

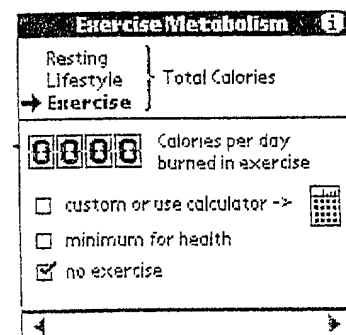


Fig. 3l

RMR Targets RMR Tips

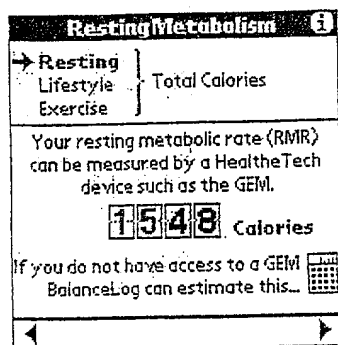


Fig. 4a

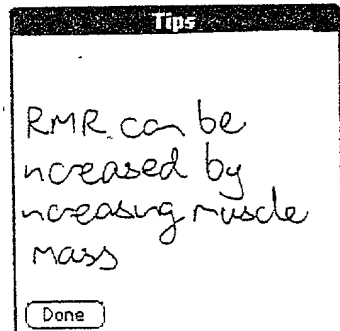


Fig. 4b

Balance Log Reports

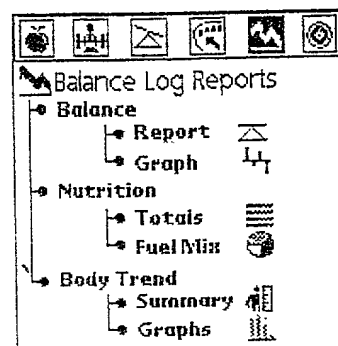


Fig. 8A

Balance Report

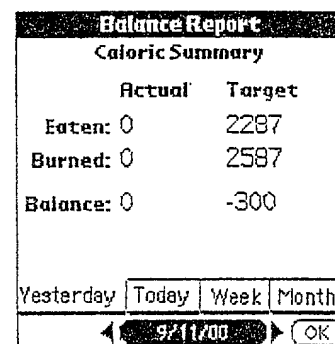


Fig. 8B

Food Entry Screen

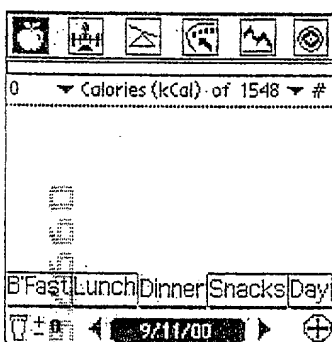


Fig. 5a

Food Database Screen

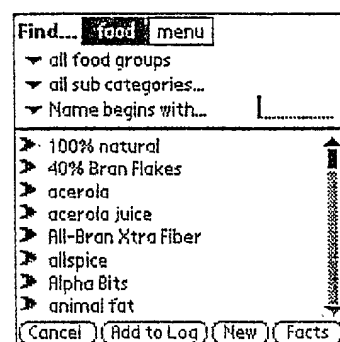


Fig. 5b

Nutrient Totals

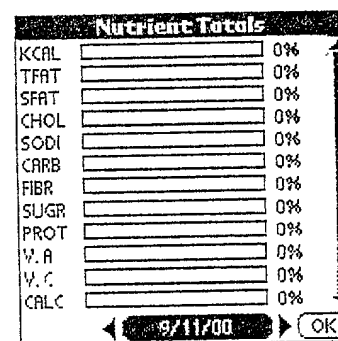


Fig. 8C

Body Trend Graph

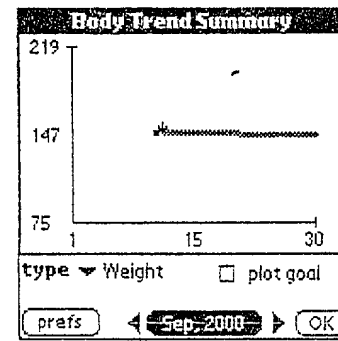


Fig. 8D

Exercise Entry Screen

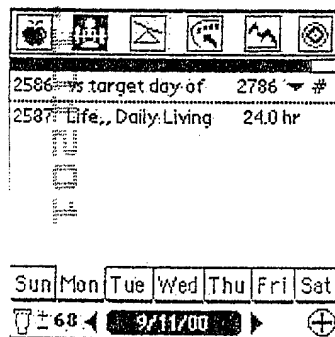


Fig. 6a

Exercise Database Screen

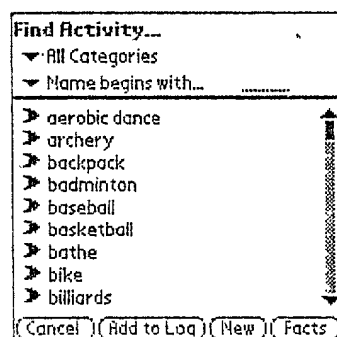


Fig. 6b

Daily Balance Screen

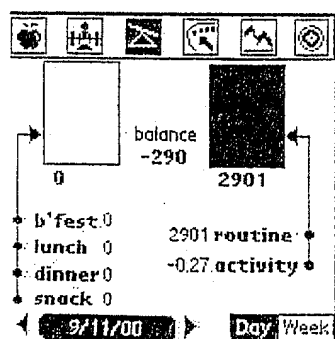


Fig. 7a

Weekly Balance Screen

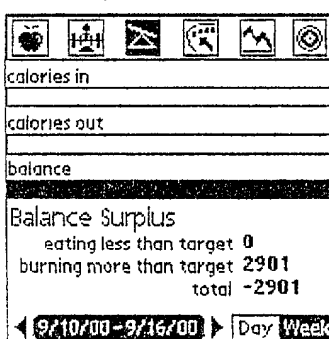


Fig. 7b

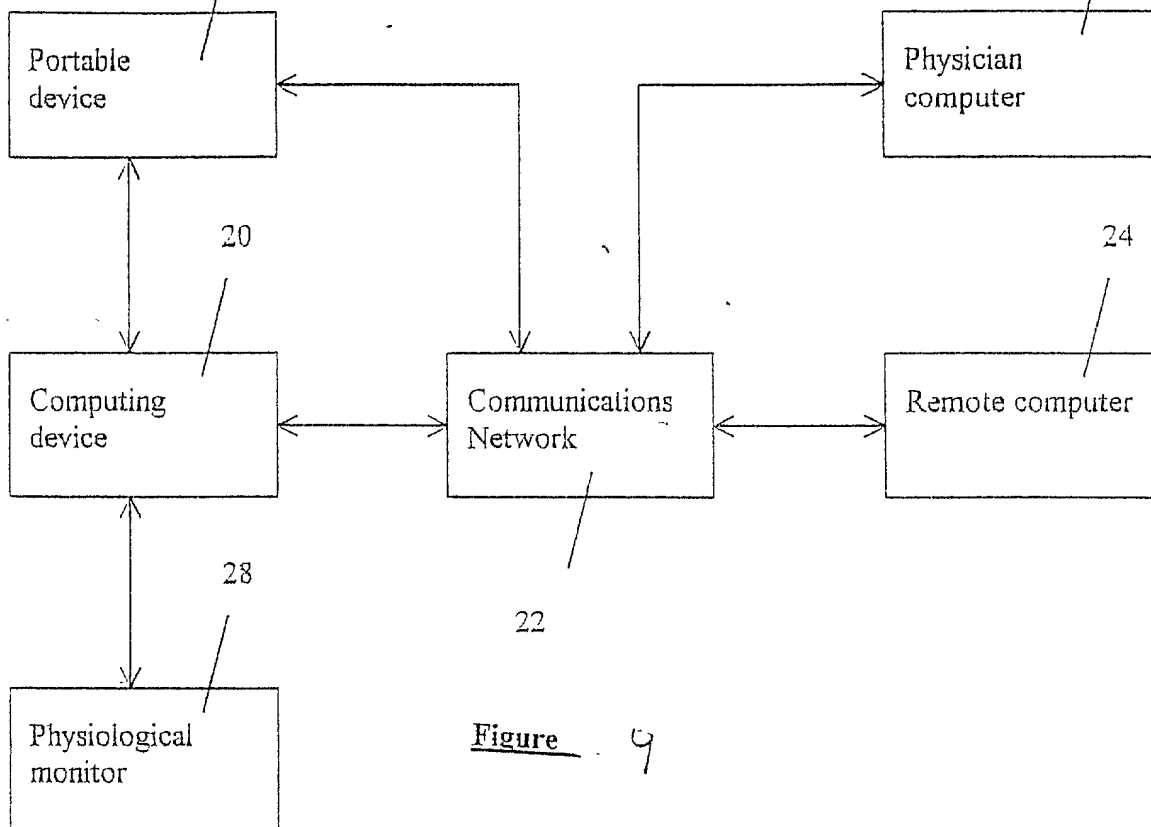


Figure 9

NEW USER SET UP

Step 1 - Identity

Please provide your name, password, and e-mail address.

Name:

Password:

Email:

Figure 10a

NEW USER SET UP

Step 2 - Personal Information

Please select your birthdate, gender, and height below.

Birthdate:

Gender: ☐ Male ☐ Female

Units: ☐ English Units (Feet, Pounds, Gallons) ☐ Metric Units (Meters, Kilograms, Liters)

Height: Feet Inches

Figure 10b

NEW USER SETUP

Step 7 - Weight Goals

Weight Goal

☒ Lose Weight **213**

☐ Maintain Weight

Goal Method

☒ LBM **2.0**

☐ % Body Fat

Body Report

Current Weight:	250
Healthy Weight:	213
Current Body Fat:	35%
Healthy Body Fat:	12%
Current BMI:	25
Healthy BMI:	20

*Healthy is 0-5

Cancel <Back Next>

Figure 11

NEW USER SETUP

Step 8 - Metabolism

Metabolism

☒ Basal Metabolism (BMR)

☐ Total Metabolism (TMR)

Total Metabolism

2230	Resting Metabolism
598	Lifestyle Metabolism
443	Work Metabolism
3361	Total Metabolism

Body Report

Current Weight:	250
Healthy Weight:	213
Current Body Fat:	35%
Healthy Body Fat:	12%
Current BMI:	25
Healthy BMI:	20

*Healthy is 0-5

Cancel <Back Next>

Figure 12

NEW USER SETUP

Step 9 - Activities

Activity Setup

☒ Increase Calorie Burn (Increase Activity)

☐ Decrease Calorie Burn (Decrease Activity)

Balance

3623	Calories Out
2357	Calories In
1004	Balance

Body Report

Current Weight:	250
Healthy Weight:	213
Current Body Fat:	35%
Healthy Body Fat:	12%
Current BMI:	25
Healthy BMI:	20

*Healthy is 0-5

Cancel <Back Next>

Figure 13

FOOTNOTES 2969/550

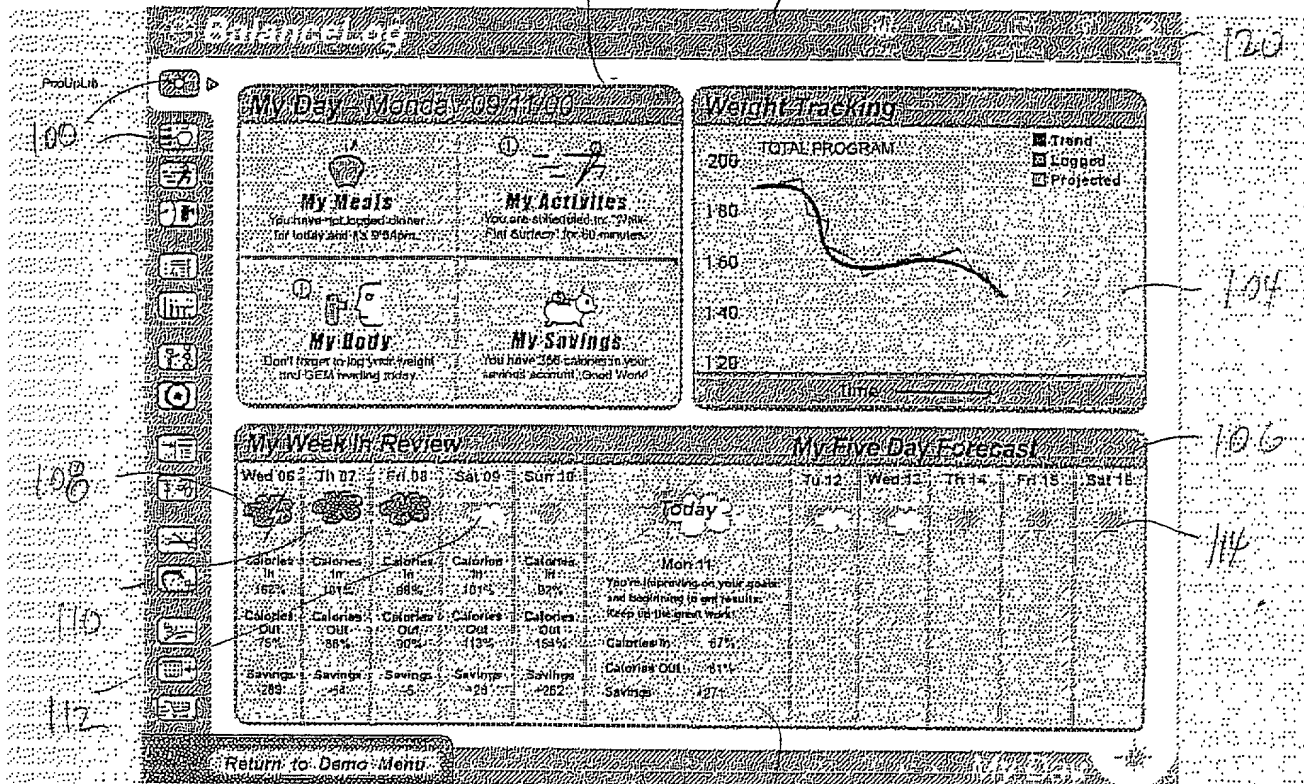


Fig. 14

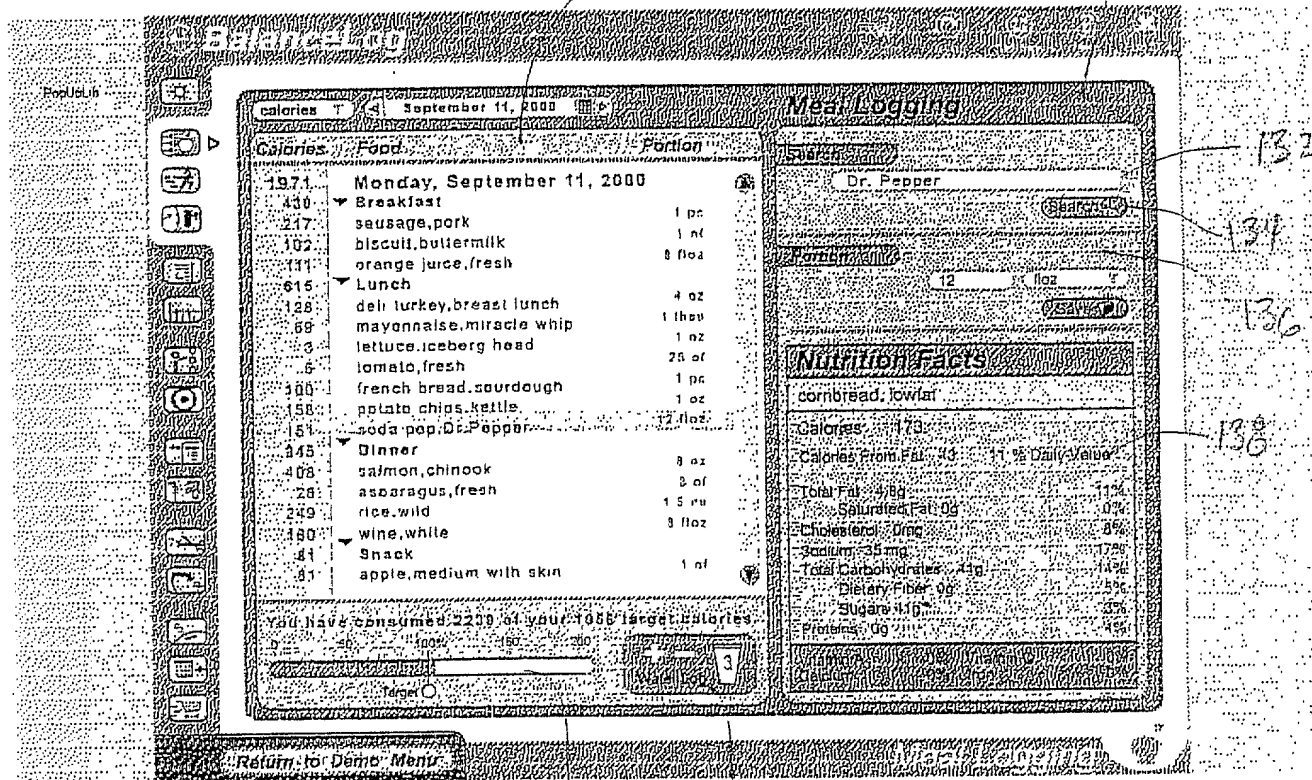


Fig. 15

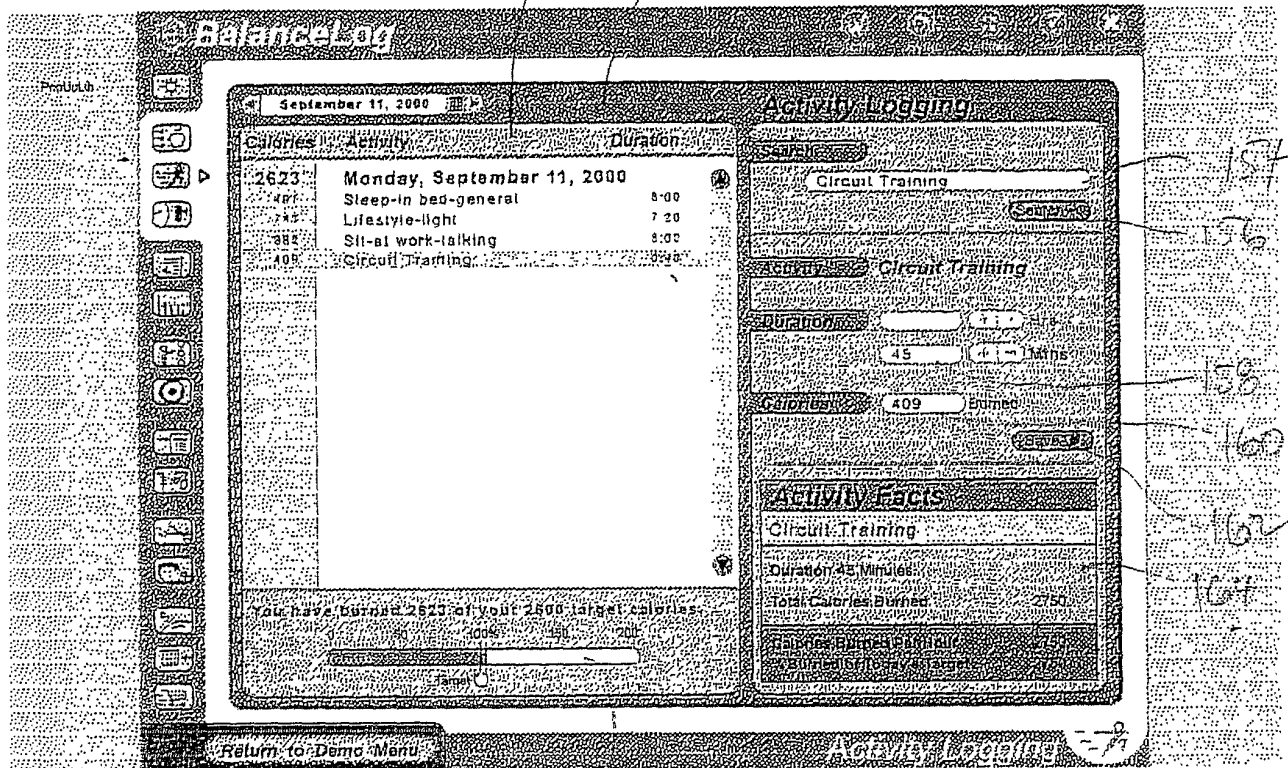


Fig. 16

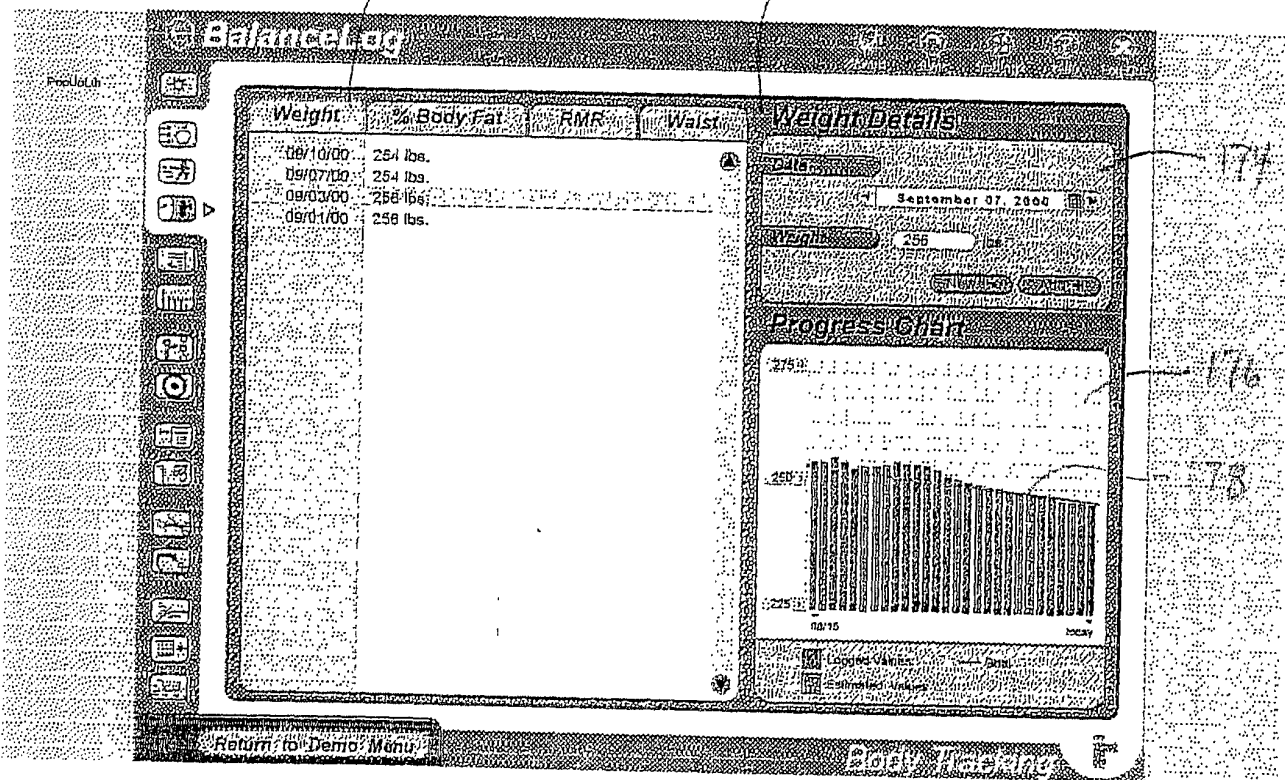
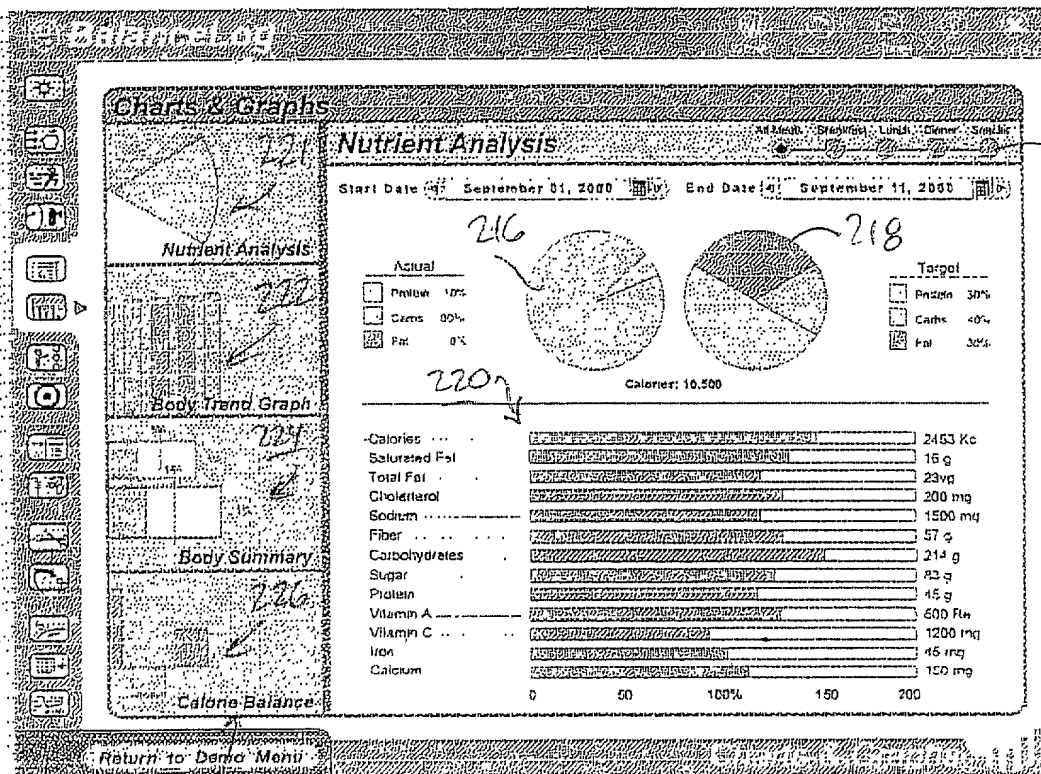
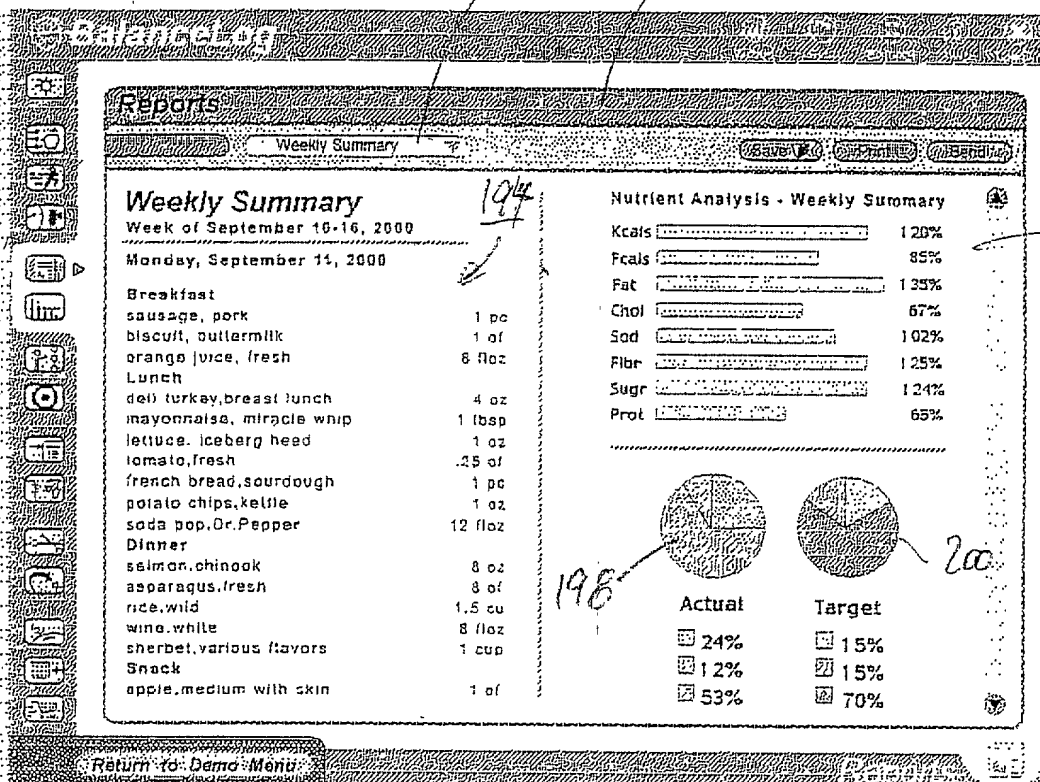


Fig. 17



FOOTPRINT 79697650

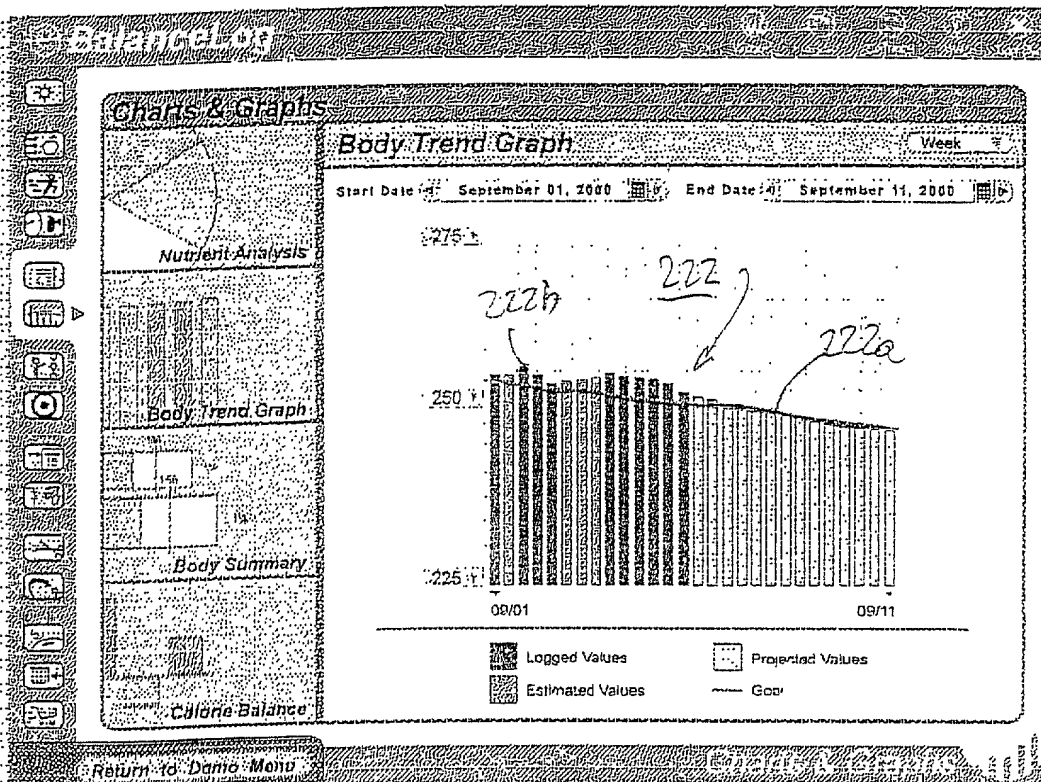


Figure 19B

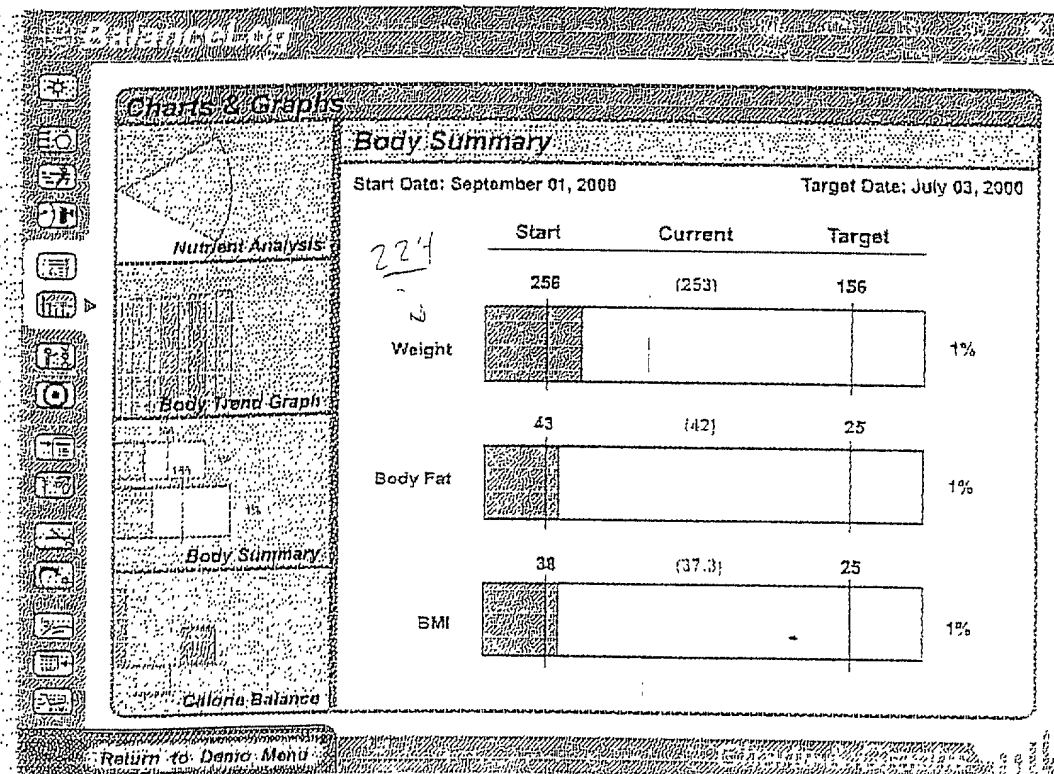


Figure 19C

102707 2959660

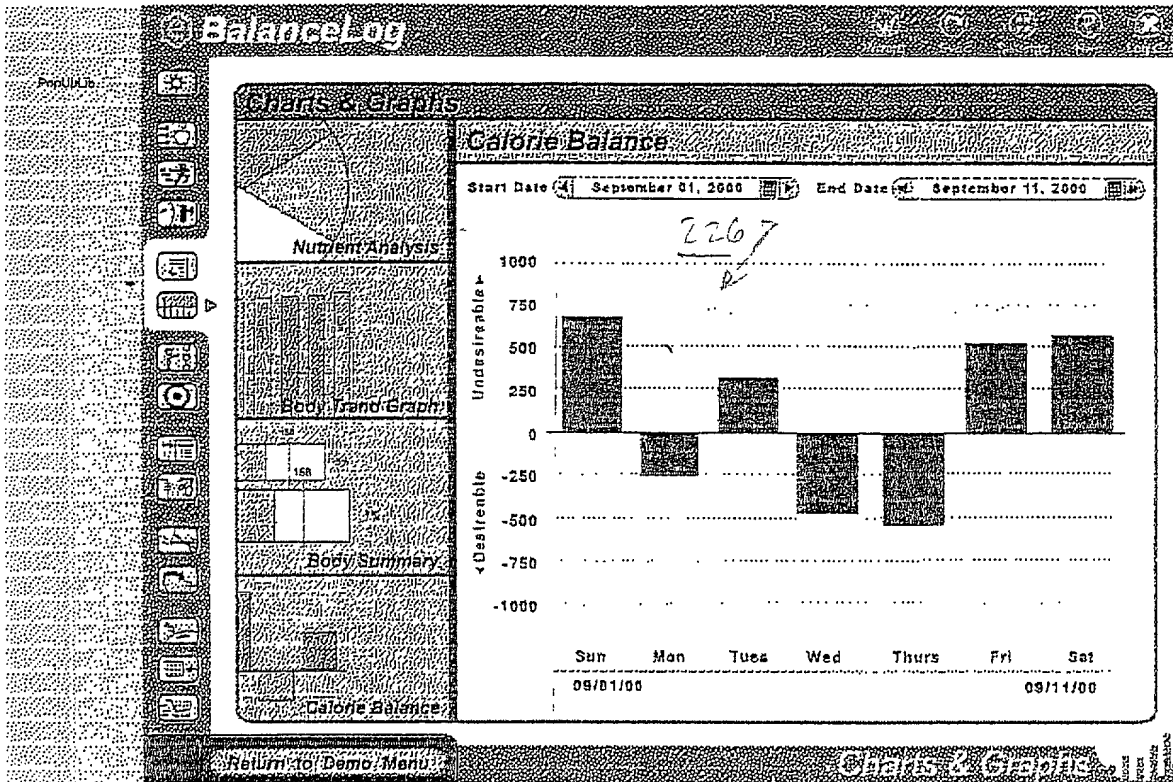


Fig. 19D

BalanceLog

Identity

Starting Measures

Personal Information

Lifestyle

Return to Demo Menu

Print

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Fig. 19E

BalanceLog

Health Goals

Program: ☒ Lose Weight ☐ Gain Weight ☐ Maintain Weight

Other Goals: ☒ Lower Blood Pressure ☐ Lower Cholesterol ☐ Manage Diabetes ☐ General Conditioning ☐ Disease Prevention

Weight Goal: ☒ I want to weigh: 156 lbs ☐ I want to lose: 10 lbs

Goal Method: ☒ Lose 2.0 lbs/week ☐ Goal: July 03, 2000

Diet Plan

Diet Choice: American Heart

Macronutrients:

- ☒ Protein: 20%
- ☒ Carbs: 20%
- ☒ Fat: 30%

Metabolic Target

Metabolism: ☒ I have a resting metabolism from my GEM. It is: 1902 ☐ I don't know my resting metabolism. I don't have a GEM. Please estimate it.

Activity: ☒ I would like to set an activity target: Activity Target: 1000 vs. 1000 Cal/week ☐ I do not wish to set an activity target.

Nutrient Targets

Calories: 1956

Total Fat: 26 g

Saturated Fat: 9 g

Cholesterol: 300 mg

Sodium: 2400 mg

Total Carbohydrates: 314 g

Dietary Fiber: 24 g

Sugars: 32 g

Proteins: 117 g

Vitamin A: 500 RE Vitamin C: 500 mg

Calcium: 500 mg Iron: 500 mg

[Return to Demo Menu](#)

Figure 19F

BalanceLog

Calories: 726

Food: Ck. Caesar, Cornbread

Portion: 1.5 oz

Calories: 396

Food: salad bar, ceasar salad

Portion: 3.5 oz

Calories: 157

Food: turkey, breast, no skin, roast

Portion: 1.5 oz

Calories: 117

Food: cornbread, lowfat

Portion: 1.5 oz

Meal Logging

Meal: cornbread

Portion: 12 oz

Nutrition Facts

cornbread, lowfat

Calories 1172

Calories from fat 45

Total Fat 1.5g

Saturated Fat 0g

Cholesterol 0mg

Sodium 45mg

Total Carbohydrates 1.5g

Dietary Fiber 0g

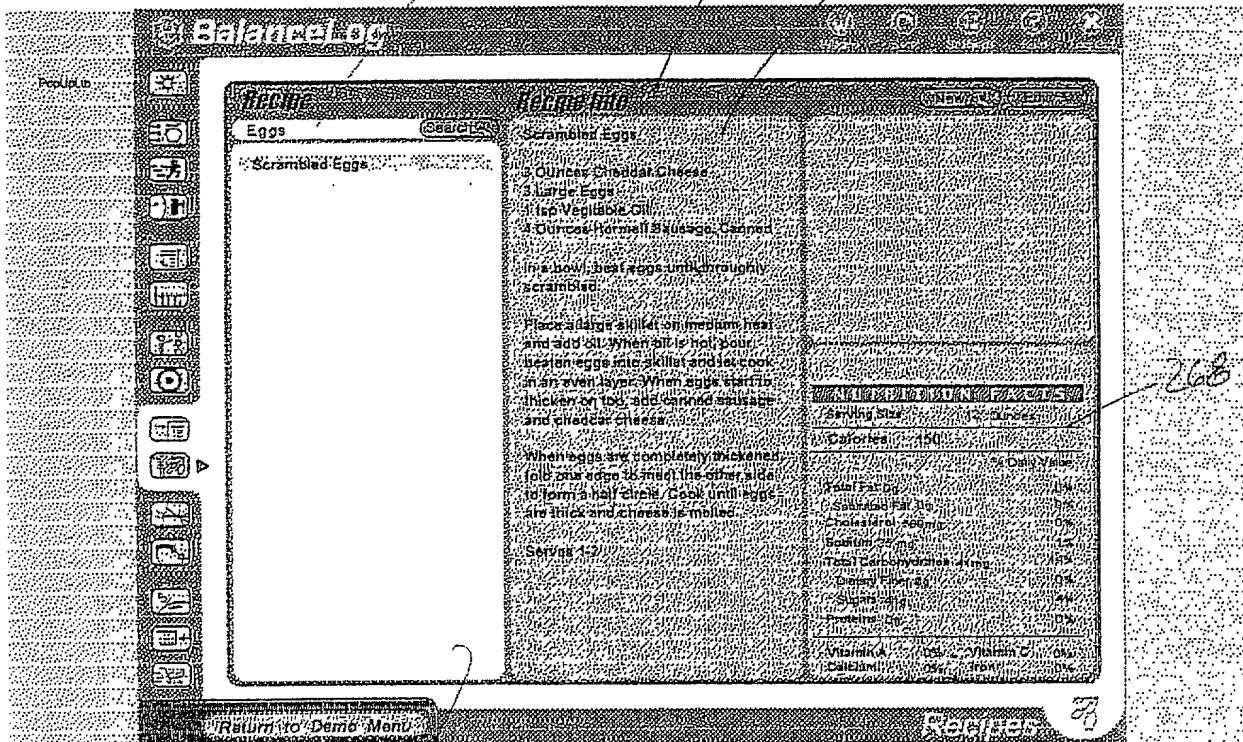
Sugars 41g

Protein 20g

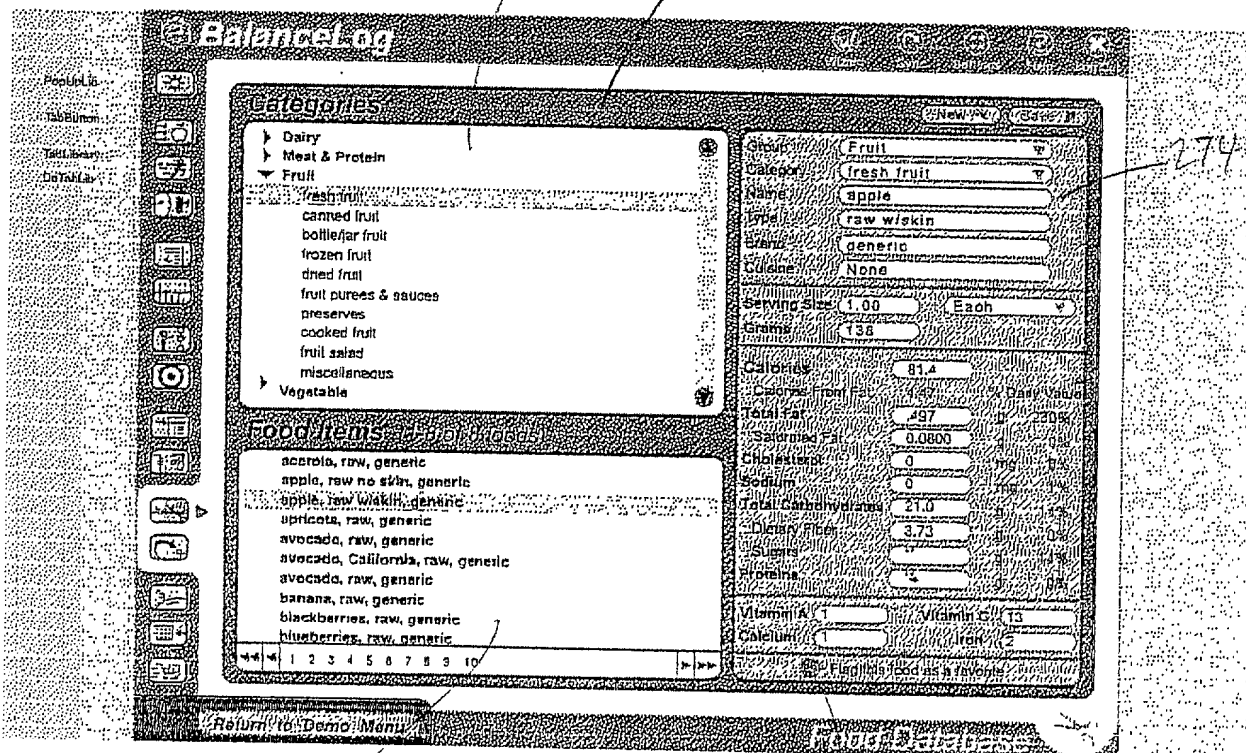
[Return to Demo Menu](#)

[Main Logging](#)

Fig. 204



264
Fig 20B



270
Fig 20C

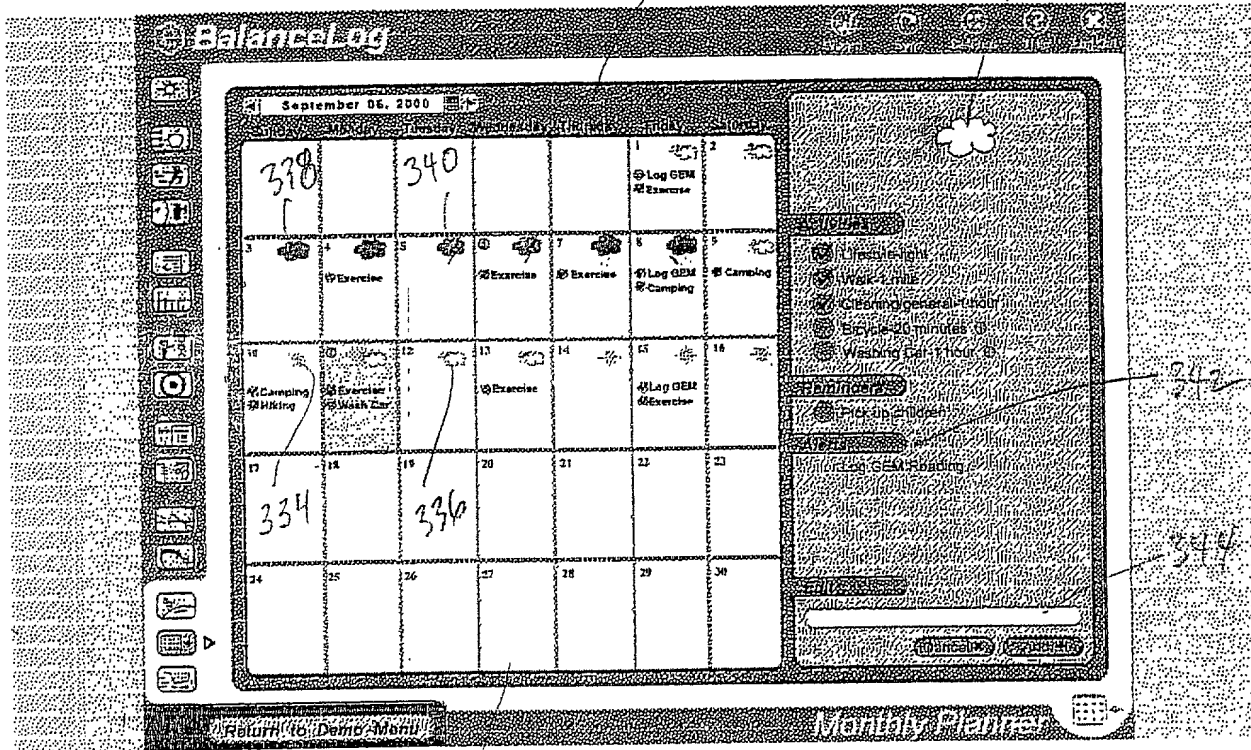


Fig. 21.B

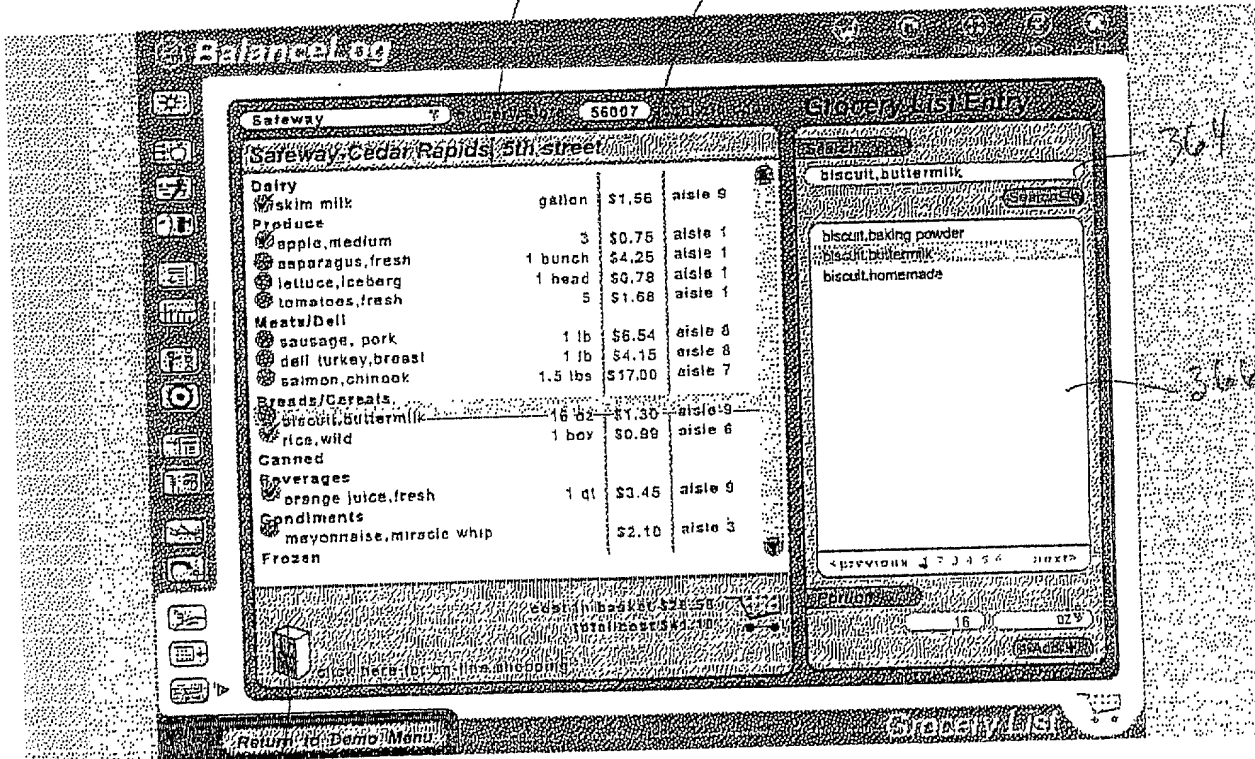


Fig. 22